

ABSTRACT

The present invention provides a circadian rhythm normalizing composition containing astaxanthin and/or its ester as an active ingredient, and a composition having the action of enhancing the circadian rhythm normalizing action of melatonin by protecting melatonin. The composition can be in the form of a drug, a functional food, a food or a beverage.

This composition has a circadian rhythm normalizing action, and has the action of preventing or alleviating sleep disorder and various diseases due to disturbance of the circadian rhythm.